

DIVING DEEPER WITH DR. DEAN

July 25, 2022/ Vol. 1

Let Me Introduce myself!

Hi! I'm Dr. Kaylie Dean. I'll admit it still seems surreal to have earned the title of Doctor. But it was quite the journey!

It started in 2015 when a series of events led me to not just trusting what I was being told, but really researching and asking questions.

I was surprised at what I found. Once I decided I wasn't going to blindly trust anyone, it led me to needing information and a greater wealth of knowledge.

So there I was, back at school. But this time I was amazed at each weekend subject. Natural Health.

This was a completely new concept to me. The things I learned were so priceless! Learning to trust the body to heal itself and gaining knowledge of ways to assist supporting this was mind blowing.

My goal is to help empower my clients to know better and do better!

So whether you eat all organic and are into breathing exercises and yoga or you're a smoker who lives off diet coke and candy bars - I'm here for you!

I've been there in one instance or another! Life can be challenging and stressful. My hope is to provide a little insight along the way to enlighten, encourage or empower you!

And when you're ready for the next step, let me know!

5 Tips to cleanse the lymphatic system :

1. Movement - the lymph system can only move when the muscular system is active!
2. Drink Water - flush!
3. Dry skin brush
4. Deep Breathing
5. Alternate between hot and cold in the shower



Healthy Ways to deal with Stress

Bodywork -

I may be a little bias here having been a massage therapist for almost 2 decades, but you can never fail with a good massage. Massage can relax and soothe the physical body.

CranioSacral therapy is a form of bodywork that is done clothed and specifically used to support the nervous system - to calm and soothe it.

Naturopathically -

Five Flower Rescue Remedy - this helps to support the body emotionally during a time of stress or trauma. Use generously and as needed!

Magnesium - this mineral calms and cools the body. It can help against anything that cramps - muscles, tension headaches etc.

Water - Oil is to a car as water is to our bodies. Without oil a car's engine gums up and stops working correctly or it may even blow up! Are you drinking enough water that your body can flow naturally? Drink up!

Ready to take the next step?

You can contact me directly @
616.570.8886

or check out our different services @
www.wellnessbodytosoul.com

I look forward to hearing from you!

~Dr. Dean



"The preservation of health is easier than the cure of the disease"